

## January 2019

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Sat & Sun              |
|--|--|---|---|---|------------------------|
| All bread products served are whole grain  |  | <b>Breakfast:</b> choice of Skim or 1% milk   | <b>Lunch:</b> choice of Skim, 1%, and Skim Chocolate milk<br>Tu-Th: MS/HS has choice of 100% Orange juice   | USDA is an equal opportunity provider and employer  |                        |
| <b>No School</b>   | <b>1</b><br><b>No School</b>   | <b>2</b><br><b>No School</b><br><b>PD Day</b>   | <b>3</b><br>Omelet , Toast, Cereal, Yogurt, Fruit<br>Hamburger/Bun, Potato, Mixed Lettuce, Caesar salad, Carrots, Broccoli, Celery, Tomato, Onion, Pickles, Mandarin Oranges, Pears       | <b>4</b><br>Breakfast Pizza, Cereal, Yogurt, Fruit<br>Chicken Nuggets, Mixed Vegetables, Mixed Lettuce, Cabbage salad, B&B, Carrots, Cauliflower, Peppers, Applesauce, Peaches          | <b>5</b><br><b>6</b>   |
| <b>7</b><br>French toast & Sausage or Cereal, Fruit<br>Chicken patty/Bun, Green beans, Mixed Lettuce, Spinach salad, Carrots, Broccoli, Peppers, Mixed Fruit, Strawberries | <b>8</b><br>Toast & jelly, Cereal, Yogurt Parfaits, Fruit<br>Potatoes & Ham, Dinner roll, Lettuce, Pasta salad, Carrots, Cucumbers, Garbanzo beans, Pineapple, Peachs, Apricots        | <b>9</b><br>Donut hole, Cereal, Fruit<br>Chicken noodles soup, Cheese sandwich, Lettuce, Ramen noodle salad, Carrots, Celery, Broccoli, Orange slices   | <b>10</b><br>Egg patty, Toast, Cereal, Yogurt, Fruit<br>Mandarin Chicken/Rice, Mixed Lettuce, Cherry salad, Broccoli, Cauliflower, Peppers, Mandarin Orange, Pears                        | <b>11</b><br>Biscuits & Gravy, Cereal, Fruit Yogurt, Fruit<br>Maid-rite/Bun, Baked beans, Lettuce, Pasta salad, Carrots, Cucumbers, Celery, Applesauce, Peaches                         | <b>13</b><br><b>14</b> |
| <b>14</b><br>Muffin, Cereal, Fruit<br>Italian Chicken Patty/Bun, Broccoli w/cheese, Lettuce, Pasta salad, Carrots, Celery, Pickles, Mandarin Oranges, Pineapple            | <b>15</b><br>Bagels & Cream cheese, Cereal, Juice, Fruit<br>Mini Corn Dogs, Green beans, Mixed Lettuce, Apple salad, Cauliflower, Peppers, Carrots, Banana                             | <b>16</b><br><b>No School - PD Day</b>  | <b>17</b><br>Toast & Jelly, Cereal, Fruit, Yogurt parfaits<br>Softshell Taco, Rice & Beans, Lettuce, Pea salad, Carrots, Broccoli, Tomato, Olives, Cheese, Peaches, Pears                 | <b>18</b><br>Coffecake, Cereal, Fruit<br>Sausage Pizza, Mixed Lettuce, Caesar salad, Carrots, Peppers, Olives, Applesauce, Mixed Fruit, Cookie  | <b>20</b><br><b>21</b> |
| <b>21</b><br>Pancakes & Sausage, Cereal, Fruit<br>BBQ Chicken/Bun, Carrots, Mixed Lettuce, Broccoli Salad, Cauliflower, Celery, Black beans, Applesauce, Peaches           | <b>22</b><br>Scrambled Eggs & Ham or Cereal, Toast, Fruit<br>Spaghetti w/meatsauce, Breadstick, Mixed Lettuce, Caesar salad, Carrots, Broccoli, Celery, Mandarin oranges, Strawberries | <b>23</b><br>Cinnamon roll, Cereal, Juice, Fruit<br>Popcorn Chicken, Mixed Vegetables, Mixed Lettuce, Pea salad, B&B, Cauliflower, Cucumbers, Carrots, Garbanzo beans, Pears, Pineapple, Apricots | <b>24</b><br>Toast & Jelly, Cereal, Yogurt Smoothy, Fruit<br>Hot Dog/Bun, French fries, Lettuce, Coleslaw, Carrots, Peppers, Celery, Apple slices   | <b>25</b><br>Assorted Sweet breads, Cereal, Fruit, Yogurt<br>Chicken Quesadilla, Italian blend vegetables, Lettuce, Pasta salad, Carrots, Broccoli, Olives, Salsa, Peaches, Mixed Fruit | <b>27</b><br><b>28</b> |
| <b>28</b><br>Pop-tarts, Cereal, Fruit, Yogurt<br>Breaded Pork patty/Bun, Broccoli, Lettuce, Caesar salad, Carrots, Peppers, Cauliflower, Mandarin oranges, Pineapple       | <b>29</b><br>Toast & Jelly, Cereal, Juice, Fruit<br>Chicken & gravy, Mashed potatoes, Peas, B&B, Lettuce, Spinach salad, Tomato, Broccoli, Cucumbers, Applesauce, Apricots, Pears      | <b>30</b><br>Breakfast Nachos or Cereal, Fruit<br>Pizza pasta Casserole, Garlic bread, Mixed Lettuce, Pea salad, Carrots, Broccoli, Celery, Orange slices   | <b>31</b><br>Toast & Jelly, Hot Cereal, Fruit, Yogurt Parfaits<br>Fish sticks, Green beans, B/B, Mixed Lettuce, Coleslaw, Cauliflower, Peppers, Garbanzo beans, Strawberries, Mixed Fruit |   |                        |